

WIC Conference Recipes

Cheerios™ Banana-Oat Muffins

- 2 cups Cheerios Cereal
- 3/4 cup Gold Medal™ all-purpose flour
- 1/2 cup Gold Medal™ whole wheat flour
- 1/3 cup packed brown sugar
- 1 teaspoon baking powder
- 3/4 teaspoon baking soda
- 1 cup mashed very ripe bananas (2 to 3 medium)
- 2/3 cup fat-free (skim) milk
- 3 tablespoons vegetable oil
- 1 egg



1. Heat oven to 400°F. Spray 12 regular-size muffin cups with cooking spray, or grease bottoms only of muffin cups. Place cereal in food-storage plastic bag; crush with bottom of heavy saucepan or can of soup.
2. In large bowl, mix cereal, flours, brown sugar, baking powder and baking soda. Stir in remaining ingredients just until moistened. Divide batter evenly among muffin cups.
3. Bake 18 to 22 minutes or until golden brown.

High Altitude (3500-6500 ft): Heat oven to 425°F.



Nutritional Information:

1 Muffin: Calories 140 (Calories from Fat 35); Total Fat 4g (Saturated Fat 1/2g, Trans Fat 0g); Cholesterol 0mg; Sodium 150mg; Total Carbohydrate 25g (Dietary Fiber 3g, Sugars 9g); Protein 2g % **Daily Value*:** Vitamin A 0%; Vitamin C 2%; Calcium 6%; Iron 8% **Exchanges:** 1 Starch; 1/2 Other Carbohydrate; 0 Vegetable; 1/2 Fat **Carbohydrate Choices:** 1 1/2 *% Daily Values are based on a 2,000 calorie diet.

<https://www.bettycrocker.com/recipes/banana-oat-muffins/44a12f6e-df13-4e16-9649-c80ea6e3bb7e>

Cheerios™ Sweet Potato Raisin Quick Bread



2 cups Cheerios™ cereal
1 cup Gold Medal™ all-purpose flour
1 cup Gold Medal™ whole wheat flour
2 teaspoons baking soda
1/2 teaspoon baking powder
1/2 teaspoon salt
1 teaspoon ground cinnamon
2 cups mashed cooked fresh sweet potatoes (3 to 4 medium)
3/4 cup packed brown sugar
3/4 cup granulated sugar
1/2 cup fat-free (skim) milk
1/4 cup canola or vegetable oil
2 teaspoons vanilla
3 eggs
1 cup raisins

Prep Time: 20 Minutes

Start to Finish: 2 Hours 10 Minutes

Move oven rack to slighter lower than center so tops of pans will be in center of oven. Heat oven to 350°F. Spray bottoms only of 2 (8x4-inch) loaf pans with cooking spray.

Place cereal in resealable food-storage plastic bag; seal bag and finely crush with rolling pin or meat mallet (or finely crush in food processor). Pour into large bowl. Add flours, baking soda, baking powder, salt and cinnamon; mix well. Set aside.

In medium bowl, using whisk, mix sweet potatoes, sugars, milk, oil, vanilla and eggs until well blended. Add to flour mixture; stir just until moistened. Stir in raisins. Divide batter evenly between loaf pans (about 2 1/2 cups batter each pan).

Bake 40 to 50 minutes or until toothpick inserted near center comes out clean. Cool in pans on cooling rack 10 minutes. Remove from pans. Cool completely on cooling rack, about 1 hour.

24 servings

1 Serving: Calories 170 (Calories from Fat 30); Total Fat 3.5g (Saturated Fat 0g, Trans Fat 0g); Cholesterol 25mg; Sodium 200mg; Total Carbohydrate 31g (Dietary Fiber 2g, Sugars 18g); Protein 3g

% Daily Value: Vitamin A 70%; Vitamin C 2%; Calcium 4%; Iron 8%

Exchanges: 1 Starch, 1 Other Carbohydrate, 1/2 Fat

Carbohydrate Choices: 2

Substitute 2 boxes (10 oz each) Cascadian Farm® frozen organic winter squash, thawed, or 2 cups canned pumpkin (not pumpkin pie mix) for the sweet potato.

Blueberry Breakfast Cereal Bread with Total Whole Grain™ Cereal

Prep Time: 30 Min **Start to Finish:** 2 Hr 40 Min **Makes:** 1 loaf (16 slices)

2 cups Whole Grain Total® cereal (about $\frac{3}{4}$ cup + 1 Tbsp. crushed)
3/4 cup water
1 tablespoon grated orange peel
1/4 cup orange juice
2 tablespoons canola oil
1/2 teaspoon vanilla
1 egg
2 cups Gold Medal® all-purpose flour
3/4 cup sugar
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 cup fresh or frozen blueberries (do not thaw)



Heat oven to 350°F. Grease bottom only of 9x5-inch loaf pan with shortening. Place cereal in food-storage plastic bag; coarsely crush with rolling pin. Set aside.

In large bowl, mix water, orange peel, orange juice, oil, vanilla and egg until blended. In medium bowl, mix crushed cereal, flour, sugar, baking powder, baking soda and salt; stir into ingredients in large bowl. Gently stir in blueberries. Pour into pan.

Bake 50 to 60 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaf; remove from pan to cooling rack. Cool completely before slicing, at least 1 hour.

[Blueberry Breakfast Cereal Bread Recipe - BettyCrocker.com](http://BettyCrocker.com)

Cheerios Applesauce Muffins



made with whole-grain, and raisins turn morning muffins into a good source of iron for healthy cells.

Prep Time: 10 min
Start to Finish: 45 min
Makes: 12 muffins

- 2 cups Cheerios™ cereal
- 3/4 cups Gold Medal™ all-purpose flour
- 1/2 cup Gold Medal™ whole wheat flour
- 1/2 cup packed brown sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- 3/4 teaspoon baking soda
- 1 cup applesauce
- 1/3 cup fat-free (skim) milk
- 2 tablespoons vegetable oil
- 1 egg or 1/4 cup fat-free egg product
- 1/2 cup raisins



1. Heat oven to 400°F. Spray bottoms only of 12 regular-size muffin cups with cooking spray. Place cereal in food-storage plastic bag; crush with bottom of heavy saucepan or can of soup.
2. In large bowl, mix cereal, flours, brown sugar, cinnamon, baking powder and baking soda. Stir in remaining ingredients just until moistened. Divide batter evenly among muffin cups.
3. Bake 18 to 22 minutes or until golden brown.

High Altitude (3500-6500 ft): No change.

Nutritional Information:

1 Muffin: Calories 150 (Calories from Fat 30); Total Fat 3g (Saturated Fat 1/2g, Trans Fat 0g); Cholesterol 20mg; Sodium 150mg; Total Carbohydrate 28g (Dietary Fiber 3g, Sugars 13g); Protein 2g % **Daily Value***: Vitamin A 0%; Vitamin C 0%; Calcium 6%; Iron 8% **Exchanges:** 1 Starch; 1/2 Other Carbohydrate; 0 Vegetable; 1/2 Fat **Carbohydrate Choices:** 2 **MyPyramid Servings:** 1 tsp Fats & Oils, 1 oz-equivalents Grains

*% Daily Values are based on a 2,000 calorie diet.

Coconut Balls with Multi Grain Cheerios™ and Chocolate Chips

INGREDIENTS

- 1 can sweetened condensed milk
- 1 cup Multi Grain Cheerios cereal, crushed
- 2 cups shredded coconut
- 1 cup chocolate chips



DIRECTIONS

1. Pour the sweetened condensed milk in a container with the Cheerios, coconut and chocolate chips.
2. Use a spatula and your hands to mix until a dense dough has formed.
3. Use a small spoon to portion out the dough and use your hands to roll the spoonfuls into balls.
4. Roll each ball in the shredded coconut.
5. Serve in cupcake or muffin liners and enjoy!



Look for more recipes on [Cheerios.com](https://www.cheerios.com)

Search for “Ginger Honey Crunch Chex Mix” on BettyCrocker.com and more Chex™ Recipes on Chex.com



Ginger Honey Crunch Chex Mix



Prep
15 MIN

Total
0 MIN

Servings
18



Ingredients

- 6 cups Rice Chex™ or Honey Nut Chex™ cereal
- 1 cup dried banana chips
- 1 cup unblanched whole almonds
- 1/4 cup butter or margarine
- 1/4 cup packed brown sugar
- 1/4 cup honey
- 1 1/2 teaspoons ground ginger or cardamom
- 1 cup flaked coconut
- 1/2 cup sweetened dried cranberries or dried pineapple

Steps

- 1 In large microwavable bowl, mix cereal, banana chips and almonds.
- 2 In 2-cup microwavable measuring cup, microwave butter, brown sugar, honey and ginger uncovered on High about 2 minutes, stirring after 1 minute, until mixture is boiling; stir. Pour over cereal mixture, stirring until evenly coated. Microwave uncovered on High 4 minutes, stirring and scraping bowl every minute. Stir in coconut and cranberries; microwave uncovered on High about 3 minutes or until cereal just begins to brown.
- 3 Spread on waxed paper or foil to cool. Store in airtight container.

